

<b>Level 1</b>	<b>Reps.</b>
<b>Hundred</b>	<b>100</b>
Roll Up	5
One Leg Circle	5e
Rolling Like A Ball	8
<b>ABDOMINAL SERIES:</b>	
Single Leg Stretch	6
<b>Double Leg Stretch</b>	<b>6</b>
<b>Single Straight Leg Stretch</b>	<b>6</b>
<b>Double Straight Leg Lower Lift</b>	<b>6</b>
<b>Criss Cross</b>	<b>6</b>
<b>Spine Stretch</b>	<b>5</b>
<b>Open Leg Rocker - Prep 10 secs</b>	
<b>Corkscrew I</b>	<b>2e</b>
<b>Saw</b>	<b>3e</b>
<b>Swan I – Neck Roll</b>	<b>1</b>
<b>Rest Position</b>	<b>1</b>
<b>Shoulder Bridge - Prep</b>	<b>3</b>
<b>SIDE KICK SERIES:</b>	
Front & Back	5
Up & Down	5
<b>Circles</b>	<b>5</b>
Inner Thigh Lifts & Circles	5
<b>Beats On Belly</b>	<b>8x1</b>
<b>Teaser - One Leg</b>	<b>3e</b>
<b>Teaser I</b>	<b>3e</b>
<b>Swimming – Prep</b>	<b>3e</b>
<b>Leg Pull Front – Support</b>	<b>10s</b>
<b>Mermaid Stretch</b>	<b>2e</b>
Seal	6
<b>Push-Up Series</b>	<b>1x3</b>